

英语阅读文摘

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English reading digest

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主办单位：西安科技大学图书馆



卷首语

威廉·巴克莱博士在《花香满径》开篇中曾经指出：“幸福的生活有三个不可缺少的要素：“一是有希望，二是有事做，三是能爱人”。但今天人们普遍认为幸福生活还应该有一个要素，即“有阅读”。在人生漫漫的旅途中找到一本自己喜爱的读物，默默地陪伴在你的左右，既能开启你的智慧，也能增加你的知识视野。

在阳春四月，花海飘香的季节，我们的刊物诞生了，虽然它是那么羸弱，那么幼小，但它聚焦了当今社会的时事要点与趣闻，包含了丰富的知识内涵。它美妙的诗篇犹如涓涓细流，唤醒大地回春，你可歌之，可诵之。当你对生活感到疲惫与无奈时，它能为你开启心灵的另一扇窗，为你的英语学习平添无限的乐趣，但愿它能成为你的良师益友，这也是我们编辑出此刊物的愿望。

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Celebrity Famous

◆ Global Personage ◆

Jeremy Shu-How Lin

Jeremy Shu-How Lin (born August 23, 1988) is an American professional basketball player with the New York Knicks of the National Basketball Association (NBA). After receiving no athletic scholarship offers out of high school and being undrafted out of college, the 2010 Harvard University graduate reached a partially guaranteed contract deal later that year with his hometown Golden State Warriors. In late 2011, Lin spent less than two weeks with the Houston Rockets, moving to the New York Knicks at the very end of the year. Lin is one of the few Asian Americans in NBA history, and the first American player in the league to be of Chinese descent.

High School Career

In his senior year in 2005–2006, Lin captained Palo Alto High School to a 32–1 record and upset nationally ranked Mater Dei, 51–47, for the California Interscholastic Federation (CIF) Division II state title. According to Dana O'Neil of ESPN, "Lin was the runaway choice for player of the year by virtually every California publication." He was named first-team All-State and

Northern California Division II Player of the Year, ending his senior year averaging 15.1 points, 7.1 assists, 6.2 rebounds and 5.0 steals.

College Career

Lin sent his résumé and a DVD of highlights to all the Ivy League schools, Cal, and his dream schools Stanford and UCLA. The Pac-10 schools wanted him to walk-on. Harvard and Brown were the only teams that guaranteed him a spot on their basketball teams, but Ivy League schools do not offer athletic scholarships.

For the season, Harvard set numerous program records including wins (21), non-conference wins (11), home wins (11) and road/neutral wins (10). Lin finished his career as the first player in the history of the Ivy League to record at least 1,450 points (1,483), 450 rebounds (487), 400 assists (406) and 200 steals (225). He graduated from Harvard in 2010 with a degree in economics and a 3.1 grade-point average.

Undrafted

After graduating from Harvard University, Lin went undrafted in the 2010 NBA Draft. Eight teams had invited Lin to pre-draft workouts. He later joined the Dallas Mavericks for mini-camp as well as their NBA Summer League team in Las Vegas. Donnie Nelson of the Mavericks was the only General Manager that

offered him an invitation to play in the Summer League. "Donnie took care of me," said Lin. "He has a different type of vision than most people do."

In five Summer League games, while playing both guard positions, Lin averaged 9.8 points, 3.2 rebounds, 1.8 assists, and 1.2 steals in 18.6 minutes per game and shot a team leading 54.5% from the floor. Lin received offers to sign from the Mavericks, Los Angeles Lakers, and an unnamed Eastern Conference team. In addition to the original three teams, the Golden State Warriors also offered Lin a contract.

New York Knicks

The New York Knicks claimed Lin off waivers on December 27 to be a backup behind Toney Douglas and Mike Bibby after an injury to guard Iman Shumpert; recently-signed guard Baron Davis was also injured and weeks away from playing. Lin said he was "competing for a backup spot, and people see me as the 12th to 15th guy on the roster. It's a numbers game." The Knicks' third-string point guard, he made his season debut on the road against the Warriors, where he was warmly cheered in his return to Oracle Arena. On January 17, 2012, Lin was assigned to the Erie Bay Hawks of the D-League. On January 20, he had a triple-double with 28 points, 11 rebounds, and 12 assists in the

BayHawks' 122–113 victory over the Maine Red Claws. Lin was recalled by the Knicks three days later.

On February 4, 2012, Lin had 25 points, five rebounds, and seven assists—all career-highs—in a 99–92 Knicks victory over the New Jersey Nets. Teammate Carmelo Anthony suggested to coach Mike D'Antoni at halftime that Lin should play more in the second half. After the game, D'Antoni said Lin has a point-guard mentality and "a rhyme and a reason for what he is doing out there." In the subsequent game against the Utah Jazz, Lin made his first career start. He had 28 points and eight assists. In a game against the Washington Wizards, Lin had 23 points and 10 assists. It was his first double-double. On February 10, Lin scored a new career-high 38 points and had seven assists, leading the Knicks in their 92–85 victory over the Los Angeles Lakers. He outscored the Lakers' Kobe Bryant, who had 34 points.

On February 11, Lin scored 20 points and had 8 assists in a narrow 100–98 victory over the Minnesota Timber wolves. Lin scored 89, 109, and 136 points in his first three, four, and five career starts, respectively, all three of which are the most by any player since the merger between the American Basketball Association (ABA) and the NBA in 1976–77. He is the first NBA player with at least 20 points and seven assists in his first four

starts. Lin was named the Eastern Conference Player of the Week after averaging 27.3 points, 8.3 assists and 2.0 steals in those four starts with the Knicks going undefeated. On February 14, Lin scored a game-winning three-pointer against the Toronto Raptors with less than a second remaining in a game.

The Associated Press called Lin "the most surprising story in the NBA". Bloomberg News wrote that Lin "has already become the most famous [Asian American NBA player]". Knicks fans developed nicknames for him along with a new lexicon inspired by his name, Lin. Time.com ran an article titled, "It's Official: Linsanity Is for Real". Hall of Fame player Magic Johnson said, "The excitement has caused in [Madison Square] Garden, man, I hadn't seen that in a long time." He appeared on the cover of Sports Illustrated with the headline "Against All Odds", which The New York Times called, "the greatest tribute". Lin's story was also on the front-page of many Taipei newspapers.

◇Read not to contradict and confute, nor to believe and take for granted, nor to find talk and discourse, but to weigh and consider.

◇Young people are fitter to invent than to judge; fitter for execution than for counsel; and more fit for new projects than for settled business.



林书豪 (背景材料)

林书豪，1988年8月23日生于美国加州旧金山湾区帕罗奥图(硅谷地区)，职业篮球运动员，主打控球后卫，身高191

厘米，体重 91 公斤。父母均为来自台湾的移民，在美国出生长大，毕业于哈佛大学，为哈佛大学历来第二位进入 NBA 的篮球运动员，也是 NBA 第 7 位亚裔美籍球员和第一位华裔美籍球员。

高中生涯

2005 至 2006 年林书豪就读帕罗奥图市的帕罗奥图高中，并参与该校篮球校队，之后成为队中队长。在加州校际联盟系列比赛中，缴出了平均 15.1 分、6.2 篮板、7.1 助攻、5.0 抢断的成绩。而所属球队也以 32 胜 1 负 96% 的胜率，赢得该区的冠军，并刷新先前圣母高校 (Mater Dei) 所保持的 51 胜 47 负 92% 的纪录。林书豪获选该区当年度的高校全明星。当时 ESPN 记者丹娜·奥尼尔 (Dana O'Neal) 对于林书豪评价为“几乎各加州相关报道刊物皆会看中的最佳球员。”

2010 年 7 月，林书豪访台，与母亲一起接受台湾《真情部落格》节目的专访，谈及他在 NBA 旅程的心路历程。

高校就读结束后，林书豪曾将自己的比赛画面剪辑成 DVD 影碟，寄送给所有的常春藤盟校、柏克莱加州大学、斯坦福大学以及 UCLA 等以争取入学机会。之后哈佛大学及布朗大学出面保证能让林书豪在校队有一席之地，林书豪选择进入哈佛大学。

大学生涯

林书豪在哈佛校队的期间；累积了总得分 1483 分、487 篮

板、406 助攻、225 个抢断的成绩。当时的表现也被认为是仅次于约翰·沃尔的年度最佳控卫。而林书豪在哈佛最后则以 3.1 学级分毕业。

选秀落选

2010 年 7 月 21 日从哈佛大学毕业，林书豪参加了 2010 年 NBA 选秀，但未得到球队合同。之后受达拉斯小牛队经理丹尼·尼尔森邀请，参加在洛杉矶举办的 NBA 夏季联赛。

林书豪在 5 场夏季联赛中担任控球后卫，缴出平均 9.8 分、3.2 篮板、1.8 助攻、1.2 抢断成绩，也曾与当年 NBA 第一选秀约翰·沃尔交手比赛。引起了达拉斯小牛、洛杉矶湖人、金州勇士队的注意。

在纽约尼克斯队

2011 年 12 月 27 日，纽约尼克斯队签下林书豪，起初定位为替补后卫。热身战首次出赛，对上金州勇士队。2012 年 1 月 17 日，纽约尼克斯将林书豪与队上另一名中锋杰若米·乔丹下放至发展联盟的艾利湾海鹰队。林书豪在海老鹰出赛一场，成绩为 28 分、12 助攻、11 篮板、2 抢断，随即被尼克斯队召回。

2012 年 2 月 4 日，纽约尼克斯在主场面对新泽西篮网，因主力球员受伤，林书豪替补上场逾 36 分钟，得到全场最高的 25 分，外带 7 助攻、5 篮板和 2 抢断的成绩，带领尼克斯队以 99 比 92 击败新泽西篮网。林书豪开始受到瞩目，并得到首发机会。2 月 6 日，主场对战犹他爵士，林书豪职业生涯首度首

发，带领尼克斯队以 99 比 88 击败对手。林书豪上场逾 45 分钟，再次得到全场最高的 28 分，外带 8 助攻，另带有 8 次失误，此场生涯首度首发成绩，在 NBA 历史名列第二；仅次于 1981 年底特律活塞队控卫伊塞亚·托马斯生涯首度首发，得到 31 分 11 助攻的成绩。后续 2 月 9 日，纽约尼克斯客场出战华盛顿奇才队，林书豪第二次首发，再度缴出 23 分、10 助攻、5 篮板的成绩单，演出 NBA 生涯第一次两个“双位数”，并且成为继勒布朗·詹姆斯之后第二位生涯头两次首发均取得超过 20 分的球员。在第三节就拿下 12 分，其中包括第三节 2 分 58 秒时，带球切入演出 NBA 生涯首度的单手扣篮，帮助球队以 107:93 击败对手，取得三连胜。

之后 2 月 11 日，林书豪在主场麦迪逊花园广场对阵洛杉矶湖人队的比赛中砍下 38 分和 7 次助攻，力压湖人后卫科比·布莱恩特的 34 分 1 助攻，带领纽约尼克斯获胜。在他的前三个 NBA 的职业生涯首发比赛中，林书豪已经得了 89 分。根据 ESPN 的统计资料，这是先从 NBA 和 ABA 在 1976-1977 年合并以来尚未突破的最佳纪录。而 2 月 12 日，在对阵明尼苏达森林狼队的比赛中林书豪全场拿下 20 分、8 次助攻和 6 个篮板，连续五场得分达到 20 分或以上，除率领纽约尼克斯获得五连胜外；林书豪也以五场连续下来的优秀表现首次获得当周最佳球员。2 月 14 日林书豪迎战多伦多猛龙时除了成为投进终场致胜球的选手外，他前面 5 场得分的数据也打破沙奎

尔·奥尼尔的纪录。

林书豪的优秀表现，除了让他在短短几天成为当周最受注目的 NBA 球员外，美国也开始出现以林书豪的“林”英文拼音“Lin”；搭配“痴迷热潮”的英文单字“insanity”所组合出来的新词汇‘Linsanity’（林来疯）。（摘自中国日报英文版）

Whitney Houston

Whitney Houston, who died suddenly on February 11, 2012 in a Beverly Hills hotel room, has left her fortune to her 19-year-old daughter Bobbi Kristina Brown, according to the singer's will.

Under terms of the will filed late on Wednesday in Atlanta, funds from the singer's estate will be put in a trust to benefit her daughter. The young woman will get part of the principal when she turns 21, more money at age 25 and the balance when she celebrates her 30th birthday.

Houston had long guarded against media intrusion into the life of her only child, whose father is entertainer Bobby Brown. But Bobbi Kristina, who turned 19 on Sunday, has been thrust into the spotlight since her mother's death at age 48. Bobbi Kristina has given an interview to Oprah Winfrey that will air on the television

personality's OWN cable network this coming Sunday.

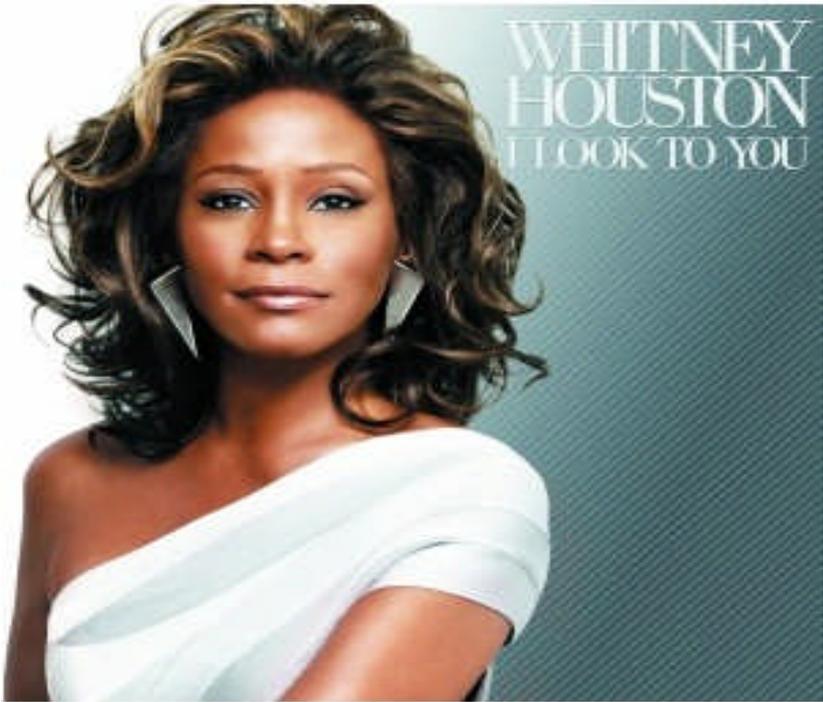
The singer did not enjoy a very large share of revenues from her work because her label, Sony's Legacy Records, owned the catalog of her albums and paid the singer royalties for her performances. Houston did not write her hit songs, and did not have revenues for those publishing rights.

The pop star, whose powerful voiced fueled her rise to global fame in the mid-1980s, was found underwater in a bathtub at a Beverly Hills hotel on February 11. An exact cause of death has yet to be determined, but authorities do not suspect foul play.

◇Joke◇

Three Pastors

Three pastors in the south were having lunch in a diner. One said, You know, since summer started I've been having trouble with bats in my loft and attic at church. I've tried everything----noise, spray, cats----nothing seems to scare them away. Another said, Yes, me too. I've got hundreds living in my belfry and in the attic. I've been had the place fumigated, and they still won't go away. The third said, I baptized all mine, and made them members of the church...haven't seen one back since!



惠特妮·休斯顿（背景材料）

惠特妮休斯顿于 2012 年 2 月 11 日在贝弗利山酒店房间突然死亡，依照歌唱家的遗愿，把她的遗产留给她 19 岁的女儿博比克里斯蒂娜布罗恩。

根据亚特兰大团队的意愿，歌手的房地产资金将放在一个信托机构，受益者是她的女儿。当年轻的女儿 21 岁的时候将获得部分本金，在她 25 岁的时候将获得更多财产，在过 30 岁

生日的时候获得结余。

休斯顿长期警惕媒体入侵到她唯一的孩子的生活，孩子的父亲是博比布罗恩，但是博比克里斯蒂娜已经 19 岁了，已成为焦点，因为她的妈妈死于 48 岁。这个星期日，她接受了同奥普拉温弗莉的采访，将会在有线电视网络直播。

歌手没有从她的工作享受非常大的收入份额，因为她的代言索尼唱片公司拥有她的专辑和表演版税。休斯顿没有她的热门歌曲的版权收入。

惠特妮休斯顿作为流行音乐明星，其强有力的嗓音在 80 年代中期奠定了她的全球声誉，于 2 月 11 日被发现死于贝弗利山酒店。死亡的确切原因尚未查清，但当局不怀疑是谋杀。
(摘自 21stCentury 报)

Top seed Wang stunned in All England Final

Wang Yihan of China returns a shot against compatriot Li Xuerui during the women's singles final match at the All England Badminton Championships in Birmingham, central England March 11, 2012.

Birmingham, England-Women's world number one Wang Yihan suffered a stunning loss on Sunday in the final of the All

England badminton championships, beaten 21-13, 21-19 by seventh-seeded Chinese compatriot Li Xuerui.

It was by far the biggest win in the career of 21-year-old Li Who was following up success in last week's German Open and is emerging swiftly as a major force in the game.

She controlled the first set but train led 14-7 in the second only to level at 18-18 with some stroke play of the highest order and then close out the contest in 45 minutes.

Wang could have down without her previous two games in the tournament both going to three sets and having to save four match points against Denmark's Tine Baun.

Li told a media conference:" I'm so happy, it's amazing. Once I was through this far I always believed I could win."

Wang said:" I am disappointed to lose but it is a good result for the China team as a whole."

◇The most stupid thing is to show off your self-esteem before Money and love.

◇Sometimes the poorest man leaves his children the richest inheritance.

◇Olympism is a philosophy of life, exalting and combining in a balanced whole the qualities of body, will and mind.



头号种子王仪涵英格兰决赛（背景材料）

2012年3月11日，王仪涵短暂返回中国后对同胞李学瑞全英羽毛球锦标赛女子单打决赛在在英国中部伯明翰举行。

英国女子世界排名第一的王仪涵遭受惨败在星期日的决赛中，在全英羽毛球锦标赛，以 21-13，21-19 的比分被中国同胞 7 号种子选手李雪瑞击败了。这是迄今为止 21 岁的李仪涵在其职业生涯中最接近胜利的一次比赛，上周的德国公开赛李仪涵正作为一个新兴的主要力量。

她首先控制了第一局至 14-7 的比分，第二局以 18-18 平局后僵持一段时间后，然后在 45 分钟后结束了较量。王仪涵可能难过没有她前两场比赛都要打三场，对战丹麦选手 Baun 时拯救了四个赛点的状态。

李在媒体发布会上说：“我很高兴，这太神奇了。当时我曾一直相信我能赢。”

王建民说：“我感到失望输了比赛，但就整个中国队而言这是一个很好的结果。”（摘自中国日报英文版）

◇ You know, we don't most of the food we eat. We wear clothes other people make. We speak a language that other people developed. We use a mathematics that other people evolved... I mean, we're constantly taking things. It's a wonderful, ecstatic feeling to create something that puts it back in the pool of human experience and knowledge.

◇ It is a wise father that knows his own child.

◆ Hot Spot ◆

Where You Sit Counts

导读：每年四大时装周上，虽然秀场中嘉宾众多，然而能够成为秀场头排客 (front row guest) 的却是凤毛麟角。现在就让我们一起来探究时装周头排客是如何诞生的吧！



Designers and their clothes are always the center of attention during fashion week.

However, a select group among the hundreds in the audience at each fashion show may have the power to upstage the designers. They are the front row guests.

Meanwhile, let's take a moment to find out who sits in the front row at fashion shows and how they get there. Another fashion week has already ended in Paris. We're waiting for reports on new fashion trend. At fashion week, it's where you sit that counts.

A normal fashion show offers about 500 seats, and audience is usually made up of news media, retailers, friends and celebrities. But the limited front-row seats are badge of honor.

"The front row is such a trauma," the Naeem Khan, an American designer who's dressed Michelle Obama, told The New York Times. "I can't have people coming backstage, crying, 'I'm in the second row.'" To solve the problem Khan worked with a team of three publicists, to put each of the 872 guests at his runway show this season in the right seat. Only 104 of them will be in the front row.

◇ In your life, there will be at least one time that you forget yourself for someone, asking for no result, no company, no ownership, even nor love. But just ask for meeting you in my best ages.

◇ Whatever is worth doing is worth doing well.

◇ A man cannot whistle and drink at the same time.

时装周头排客诞生记 (背景材料)

时装设计师同他们的作品一直都是时尚周的焦点。然而，每场时装秀，台下观众席中总有这样一群时尚宠儿，他们甚至可以轻而易举地抢走设计师们的风头。他们便是时装周的头排客。又一场时装周在巴黎落下帷幕，我们都在翘首盼望有关最新时尚潮流的报道。与此同时，让我们来花点时间，一起来看看这些各大秀场的头排客都是何方神圣，他们又是如何坐上秀场的头排宝座的。在时装周上，你坐的位置非常重要。一场正规的时装秀通常提供约 500 个座位，看客通常由新闻媒体、零售商、圈内朋友和社会名流组成。而数量有限的头排宝座则是荣耀的象征。“头排座位实在是我的一块心病，因为我不能让人们跑到后台向我哭诉说：我怎么坐在第二排。曾为美国第一夫人米歇尔·奥巴马设计过服装的美国时装设计队，他们为本季秀场上 872 位嘉宾顺利安排了座位。而在这些嘉宾里只有 104 位将成为头排客。(摘自 21stCentury 报)

◇If you mess up, it's not your parents' fault, so don't whine about our mistakes, learn from them.

◇Be a yardstick of quality. Some people aren't used to an environment where excellence is expected.

◇Birth is much, but breeding is more.

The Role of Media

Media usually count about half the audience in a fashion show. Most work for fashion magazines, fashion sections of a newspaper or websites.

But only the most important fashion editors from top magazines, such as Vogue, Elle and Harper's Bazaar, get to sit in the front row. Names like Anna Win tour (editor-in-chief of Vogue US), Grace Codington (creative director of Vogue US), Suzy Menkes (senior fashion columnist for The New York Times) are always on the front-row guest list, given their influence in the fashion industry.

Lately, thanks to the growth of new social media, some grassroots fashion bloggers, such as Bryan Boy and Tommy Ton, have become popular and been given front-row seats as well.

媒体的角色 (背景材料)

在一场时装秀上，媒体人士通常会占据观众席的半数位置。这些人士大都来自时尚杂志、以及各大报纸、网站的时尚版块。但是只有来自像《VOGUE》、《ELLE》、《HARPER'S BAZAAR》这样的顶尖时尚杂志的最重量级的时尚编辑才能坐

在头排。比如《Vogue》美国版总编安娜·温图尔、《Vogue》美国版创意总监格蕾丝·柯丁顿、《纽约时报》资深时尚专栏作家苏熙·曼奇斯就会因为他们在时尚界的影响力而市场出现在头排嘉宾名单之上。近年来，由于新型社交媒体的发展，像 Bryan Boy 和 Tommy Ton 这样的草根时尚博主也成为红人，成为秀场的头排客。（摘自英语辅导报）

Ten Classic Lines in Classic Movie “Titanic”

经典电影 《泰坦尼克号》十大经典台词

1、You jump, I jump.

你跳我就跳。

2、We're women. Our choices are never easy.

我们是女人，我们的选择从来就不易。

3、All life is a game of luck.

生活本来就全靠运气。

4、I'd rather be his whore than your wife.

我宁愿当他的婊子也不愿做你的妻子。

5、You are going to get out of there. You're going to on and you're going to make lots of babies and you're going to watch them grow and you're going to die and old, an old lady, warm in your bed. Not

there, Not this night, Not like this .

你一定会脱险的，你要活下去，生很多孩子，看着他们长大，你会安享晚年，安息在温暖的床上，而不是今晚在这里，不是像这样的死去。

6、 Winning that ticket, Rose, was the best thing that ever happened to me... it brought me to you. And I'm thankful for that, Rose. I'm thankful. You must do me this honor, Rose. Promise me you'll survive. That you won't give up, no matter what happens, no matter how hopeless. Promise me now, Rose, and never let go of that promise.

赢得船票...是我一生最幸运的事，让我可认识你，认识你真荣幸，万分荣幸，你一定要帮我，答应我活下去，答应我，你不会放弃...无论发生什么事，无论环境怎样...Rose，答应我，千万别忘了。

7、 I figure life is a gift and I don't intend on wasting it. You never know what hand you're going to get dealt next. You learn to take life as it comes at you....

我觉得生命是一份礼物，我不想浪费它，你不会知道下一手牌会是什么，要学会接受生活。

8、 Don't you do that, don't say your good-byes.

别那样，不说再见，坚持下去，你明白吗？

9、I'll never let go. I'll never let go, Jack.

我永不食言，永不食言，Jack。

10、God shall wipe away all the tears from their eyes, and there shall be no more death. Neither shall there be sorrow or dying, neither shall there be any more pain, for the former world has passed away.

上帝擦去他们所有的眼泪，死亡不再有，也不再有悲伤和生死离别，不再有痛苦，往事已矣。（摘自海词英语）



◇By reading we enrich the mind; by conversation we polish it.

Celebs Love Fashion

Stars started to appear on the cover of fashion magazines in the early 1990s. Since then, celebrities and fashion are inseparable. They have made the fashion week front-row culture complete.

Usually, A-listers invited to a fashion show sit in the center area of the front row. They are either personal friends of the designer, regular customers of the brand, or the brand's spokesperson. Top Celebes, such as Beyoncé Knowles and socialite Paris Hilton, can get a front-row seat to any show they want.

For newly rising stars, a fashion show is a good opportunity to grab more attention.

Who can get them in? It's a publicist's job. Any publicist who has a good relationship with a certain brand has the power to build a bridge between a star and the runway show, according to the star's taste and style.

Once a fresh young star attends fashion week, who knows, he or she might even become a potential spokesperson. For Example, designer Karl Lagerfeld took a shine to Blake Lively from Gossip Girl when she attended a Chanel show two years ago. Not long after that lively appeared in Chanel adverts.



-
- ◇ Be honest rather clever.
 - ◇ Flipping burgers are not beneath your dignity. Your grandparents had a different word for burger flipping; they called it opportunity.

名流都爱“潮” (背景材料)

上世纪 90 年代初，明星们就开始登上时尚杂志的封面，从那时起，名人与时尚变得密不可分。正是他们令时装周的“头排文化”变得完整。通常，受邀参加时装秀的一线明星都被安排在头排的中心区域。他们有些是设计师的密友，有些是本品牌的重要客户，还有些是品牌的代言人。

像碧昂斯·诺里斯和社交名媛帕里斯·希尔顿这样的顶级名流都能得到任何他们想去的时装秀的头排宝座。

对于那些冉冉升起的新星们来说，时尚秀场更是一个赚取更多曝光的好机会。

谁能将他们搞定秀场通行证呢？这就是公关人士的工作了。任何一位公关人员，只要是与某品牌保持良好的关系，都有能力为明星牵线搭桥，根据其品味和风格找到合适的秀场。一旦有年轻新面孔出现在时尚周上，天晓得，他/她会不会是某个品牌的下一任代言人呢。例如，两年前，出演《绯闻女孩》的女星布莱克·莱弗利在出席香奈儿的一场时装秀时，令该品牌设计师卡尔·拉格斐一见倾心，不久后她便现身香奈儿广告。
(摘自中国日报英文版)

◇ The best preparation for tomorrow is doing your best today.

◇ Between two stools one falls to the ground.

Chinese Faces at Fashion Week

It's almost a tradition now: fashion week seats several Chinese women in the front row.

Early on, Chinese stars who appeared at fashion week were internationally famous, such as Maggie Cheung and Zhang Ziyi.

But in the past two years, the list has gone on and on: Zhou Xun, Fan Bingbing, Yao Chen, Gao Yuanyuan and this season, Li Xiaolu and Huo Siyan.

Some of them are virtually unknown in the West since none of their films have been shown anywhere outside of China. Yet they still make it to the front row. How?

“It's an all round impact of China power—the increasing influence of China in the world, the growing fashion business in China, and also stronger PR companies”. Hong Huang, writes in a feature for 《Women's Wear Daily》.

“APR Company introduces a fresh face to a certain fashion brand. This can bring more customers for the brand,” Hong said. “Meanwhile, the star needs exposure to fashion and to a wider audience. It's totally win-win.”

◇ Whatever is worth doing is worth doing well.

时尚周上的中国面孔（背景材料）

近年来，总有一些中国女性成为时装周头排客，这几乎成为了一个惯例。

早前，亮相时装周的中国明星都是一些国际巨星，比如张曼玉和章子怡。

但在近两年中，这个名单上的名字变得越来越多：周迅、范冰冰、姚晨、高圆圆，而本季的时装周上，又多了李小璐和霍思燕两个新面孔。

实际上，她们中的一些人在西方完全是生面孔，因为她们的电影从未在中国以外的其他地区上映过。而她们又是如何成为头排客的呢？

“这显示了中国力量的全方位影响力——中国的国际影响力的增强，国内时尚产业的成长和更加强大的公关公司。”洪晃在《女装日报》的一个专题中写道。

“公关公司将一张新面孔引荐到某个时尚品牌，使得该品牌可以获得更多的消费者。”洪晃表示，“同时，该明星也在时尚圈获得了更多的曝光，从而拥有更大的观众群。这完全是一个双赢的策略。”（摘自上海英文星报）

◇It doesn't matter who my father was; it matters who I remember he was.



◇ Before you were born, your parents weren't as boring as they are now. They got that way from paying your bills, cleaning your clothes and listening to you talk about how cool you are. So before you save the rain forest from the parasites of your parents' generation, try "delousing" the closet in your own room. You have nothing to complain.

◇ Life is not divided into semesters. You don't get summers off and very few employers are interested in helping you find yourself. Do that on your own time.

◇ If you doubt yourself, then indeed you stand on shaky ground.

◆Sci-Tech Front◆

Apple Computer Introduced New iPad

SAN FRANCISCO – Apple Wednesday introduced a new iPad that, as expected, will have a sharper display, faster processor, voice dictation and the ability to tap into faster cellular networks.

The new iPad is "taken to a whole new level, and redefines the category Apple created with the original iPad," said Apple CEO Tim Cook at a press event here. As with the previous iPad, the new iPad starts at \$499 with 16 GB of storage for a Wi-Fi model. It will be available on March 16. Apple is keeping iPad 2 in the lineup, dropping the price to \$399 for the 16GB Wi-Fi version. Ahead of the launch, there was much speculation about whether.

Apple would call the device "iPad 3" or perhaps "iPad HD." Instead, company executives referred to it simply as the "new iPad." The improved camera first introduced on the iPhone 4S — which many consumers have turned to in place of their point and shoot camera, has been added to the iPad.

- ◇Living without an aim is like sailing without a compass.
- ◇Be slow to promise and quick to perform.



苹果电脑推出新 iPad (背景材料)

3月8日凌晨消息，苹果公司在美国旧金山推出了新款 iPad。与业内的预期相同，新一代的 iPad 分辨率大大提高，处理器速度提升，增加了语音转换成文字的语音输入功能，接入细胞网络的能力也大大增强。

苹果首席执行官蒂姆·库克在新闻发布会上表示，新一代的 iPad“技术上升到一个新的水平，也重新定义了苹果最初的 iPad 概念”。

与之前发布的 iPad 价格相同，新款 iPad 的 16G WiFi 版售价 499 美元起。新款 iPad 将于 3 月 16 日正式上市销售。

苹果继续之前的惯例，iPad 2 的 16G WiFi 版本售价降至了

399 美元。

在发布会之前，业内猜测苹果的新款 iPad 可能被命名为 iPad 3 或是 iPad HD。但苹果公司高层只是将它成为“新的 iPad”，并没有单独命名。

摄像头方面，新一代 iPad 还配备了 iPhone 4S 使用的 500 万像素 iSight 摄像头，用户可以借此拍摄 1080p 的高清视频短片。（摘自英文星报）

◇Poetry◇

At The Seaside 在海边

When I was down beside the sea,

当我到海边时，

A wooden spade they gave to me to dig the sandy shore.

他们给了我一把木铲好去挖掘沙滩。

The holes were empty like a cup,

挖成像杯状般的空洞，

In every hole the sea camp up,

让每个洞中的海水涌现，

Till it could come no more.

直到它不能再涌现。

By R.L. Stevenson (摘自英语阅读网)

◆Diet Nursing◆

Eating Fruit and Veg Make you SEXIER

导读：最新研究发现，增大水果蔬菜的摄入量，只需六周就能让你焕发出健康的光彩，看起来更有魅力。



You know eating fruit and vegetables is virtuous. But did you know it can also make you look good?

People who increased their intake over just six weeks developed a healthy glow and appeared more attractive, researchers found. Scientists at St Andrews University found eating them subtly increased yellow and red pigments in the volunteers' skin. They monitored the food intake of 35 people and

took pictures of their faces, arms and hands using a sensitive camera at the start, and after three and six weeks. Increasing their intake of greens by 2.9 portions a day was found to make the person look healthier and an extra 3.3 portion could enhance their attractiveness, when their photographs were rated by others. Fruit and vegetables are rich in carotenoids, which are known to protect against cell damage from pollution and UV rays, and can also prevent age-related diseases including heart disease and cancer. But while it was known eating extreme amounts of certain vegetables such as carrots could turn skin orange, it was not known a small increase was perceptible to others - and was seen as appealing.

A camera measured changes to the skin's redness, yellowness and lightness, and found it significantly changed in people who naturally increased their intake. These changes were not evident at three weeks.

Using light sensors, the researchers showed these red and yellow hues were linked with the levels of carotenoids in their skin.

There are hundreds of carotenoids but those thought to have the most dramatic effect are lycopene - which gives tomatoes and red peppers their red colour – and beta-carotene found in carrots as

broccoli, squash, and spinach.

Skin colour is also affected by chemicals called polyphenols, found in apples, blueberries and cherries, which cause blood rush to the skin surface.

多吃水果和蔬菜让你更性感 (背景材料)

你知道吃水果和蔬菜有很多好处，但你可知道多吃水果蔬菜会让你变漂亮？

研究人员发现，增大水果蔬菜的摄入量，只需六周就能让你焕发出健康的光彩，看起来更有魅力。圣安德鲁斯大学的科学家发现，吃水果蔬菜能微量增加志愿者皮肤中的黄色素和红色素。他们监测了 35 人的食物摄入量，并在一开始、三周后和六周后用高灵敏相机给他们的脸、胳膊和手拍了照片。

研究发现，从他人对照片的打分来看，每日增加 2.9 份的蔬菜摄入量将让人看起来更健康，再增加 3.3 份摄入量将使人看起来更有魅力。水果和蔬菜的类胡萝卜素很丰富，而据我们所知，类胡萝卜素可以保护细胞不受污染和紫外线的损害，还可以防止心脏病和癌症等老年病。

尽管人们知道某些蔬菜（如胡萝卜）摄入过量会让皮肤变成橘黄色，但人们不知道这种细微变化会被他人觉察到，而且这种皮肤颜色还被视为很有吸引力。

研究人员通过相机拍照来测量皮肤的红色、黄色和明亮度发生的变化，发现那些以自然的方式增加蔬菜水果摄入量的人的皮肤发生了明显改变。

不过这些改变在三周内还看不出来。借助光传感器，研究人员指出，皮肤呈现的红色和黄色与皮肤内所含的类胡萝卜素水平有关。

类胡萝卜素有数百种，但据认为对皮肤颜色影响最显著的是番茄红素和胡萝卜素。西红柿和红辣椒的红色都源自番茄红素，胡萝卜素则可以在花椰菜、南瓜、菠菜和胡萝卜中找到。皮肤颜色还受到化学物质多元酚的影响，多元酚可以在苹果、蓝莓和樱桃中找到，这种物质可以让血液流向皮肤表面。（摘自英语天地）

◇A real graceful lady never shows off what she has. She would never tell people what books she has read, where she has been, how many clothes she has, or what jewelers she got. Because she has no sense of inferiority.

◇Is there anyone who hasn't suffered for the secret love? We always think that love could be the heaviest thing in the world. But one day, when you look back, you suddenly realize that it's always light. We all thought love was very deep, but in fact it's very thin. The deepest and heaviest love must grow up with the time.

Daily Health Tips-Diet Five Errors

False: Is “low fat” always a good thing? Is a vegetarian dish always healthy? There are lots of myths and old wives’ tales about food. Check out the following popular beliefs and challenge your assumptions.

False: If the label says “low fat” or “reduced fat” then the product will always be a healthy choice. To claim that a product is “reduced fat” the amount of fat must be at least 30% lower than standard products. But these types of foods tend to be high in fat and energy in the first place, so the “reduced fat” version can still have quite high amounts of both. Foods labeled “low fat” or “reduced fat” aren’t necessarily low in energy. The fat is replaced by other ingredients, so the product can end up with the same or an even higher energy(calorie) content. Also, if you’re tempted to use more of a reduced-fat product than you would of the full-fat version, you might end up having the same, or even more, fat and energy.

False: if you want to have the healthier option it’s best to choose a vegetarian dish. Some vegetarian dishes contain a lot of fat, especially if they’re made with lots of cheese, oil, pastry or creamy sauces, or if they’ve been fried. So they aren’t necessarily

a healthy option. In fact, red meat can be low in fat if it's lean and all the visible fat has been removed. Other low-fat options are chicken without the skin, and fish, if they've been cooked without too much fat. But it's always a good idea to have some vegetables with your meal because we should be eating at least five portions of a variety of fruit and vegetables a day part of a healthy balanced diet.

False: Drinking ice water helps to lose weight. Drinking water is always good for weight loss, but this concept is related to the idea that if you drink ice water, your body has to burn calories warming it up. Technically correct, but the number of calories you burn are really tiny. It's about 1 calorie per ounce of ice water to warm it up. We would think it would take more calories to heat up the water, but it doesn't. So, drink water, but only ice water if you like it. Of course, you also don't cancel out the calories of an iced beverage that has calories because it's cold (like soda or juice), although that would be nice.

False: Canned food is not good for health. In many respects this can be true for canned meat rather than canned fish. Long heat treatment makes even large fish bones soft and edible, thus providing an additional source for calcium intake, which is

beneficial for our skeleton. Daily recommendation of calcium is approximately 1,500 mg, both for men or women, young or old.

False: it is unwise to swim within one hour of eating. These myth dates half a century back when the American Red Cross has published an instruction on life-saving saying that swimming immediately after meal may cause stomach cramps and even death. But later this theory was questioned. Many swimmers assert that they usually cover long distances during training sessions immediately after meal.

健康小贴士 日常饮食五大误区 (背景材料)

误区：“低脂”就一定好吗？素食就一定健康吗？

关于食品，总是有很多误区和偏见。看看下面的一些盛行说法是否正确，挑战一下你习以为常的饮食观念。误区：标签上写着“低脂”或“减脂”的产品都是健康之选。一种食品的含脂量至少要比正常食品低 30%才能被称为“减脂”。但是，这类产品往往本身就含高脂肪高热量，所以即使表明“减脂”，它所含的脂肪和热量仍然很高。标明“低脂”或“减脂”的食品所含的热量不一定低。而它所含的脂肪可能被其他成分所代替，所以到头来，这种食品所含热量（卡路里）可能跟正常食品一样，甚至更高。

误区：如果你想更健康，最好选择素食。

有些素食中含有大量脂肪，尤其是用很多油、油酥面或奶油酱做成的或者经过油炸的。所以，它们不一定是健康之选。事实上，如果红肉很瘦或者可见脂肪已被剔除，它的含脂量也很低。鱼肉和去皮鸡肉也是低脂食物的不错选择，前提是尽量不要用太多动物油来烹饪。但是，饮食中有些蔬菜总是有益的，我们一天应该食用至少五份不同的蔬菜水果才能保证营养均衡。

误区：喝冰水有助于减肥。

喝水对减肥总是很有帮助，但认为喝冰水有助于减肥的人往往相信这是由于我们的身体要燃烧卡路里来让冰水变暖，从而达到减肥的效果。这在技术上说的通，但是让冰水变暖所消耗的热量少之又少，让以盎司的冰水变暖只能消耗 1 卡路里。我们也学觉得让冰水变热会消耗更多的热量，其实不然。所以，喝水可以，但除非你喜欢，否则没有必要喝冰水。当然，冰镇饮料（如汽水或果汁）并不会因为凉爽而不含热量，尽管那是个美妙的想法。

误区：罐装食品对身体无益。

对于罐装肉来说的确如此，但是对于罐装鱼来说却不尽然。长时间的高温处理使大鱼骨都变得柔软可食，从而增加了有益于我们骨骼的钙质的摄入。一般人，无论男女老少，每日摄取大约 1,5000 毫克的钙。

误区：进食后一小时内不宜游泳。

这个误区源于半世纪前美国红字协会印制的一本救生指南，上面进食后马上游泳会造成胃痉挛甚至死亡。但是后来这个说法遭到质疑，很多游泳运动员声称他们在训练期间经常饭后马上进行长距离游泳。(摘自 21 英语网)

◇Poetry◇

Fire and Ice 火与冰

Some say the world will end in fire, some say in ice.

有人说世界将结束于熊熊火焰，有人则说结束于凛凛寒冰。

From what I've tasted of desire, I hold with those who favor fire.

欲望如火，体会其烈，则知世之于火为我所愿。

But if it had to perish twice,

但愿其必两度遭逢毁灭，

I think I know enough of hate,

我知恨之极至，

To know that for destruction ice,

必然明了，毁灭之冰。

Is also great and would suffice.

同样魁伟，同样顺人心意。

(摘自英语阅读网)

◆Tourist◆

Top ten cities for eye-candy? Stockholm Leads the Way

导读：一个美国网站近日列出了最性感男人城市排行榜，瑞典的斯德哥尔摩意外地拔得头筹。位居第二的是热门旅游城市纽约。



When enjoying a city break anywhere in the world, there are always a lot of sights to take in, historic cultural and even human, according to one online travel guide.

An American website has put together a list of the cities where tourists can spot the hottest men, with surprising Stockholm, in Sweden, coming out top.

The city, which has given the world Alexander Skarsgard from popular vampire series True Blood and the country's finest football export, Freddie Ljungberg, topped a list of the top ten places for the attractiveness of male locals.

While the Swedish capital is praised for its good genes and plenty of European destinations make the hot list, not a single British city is included.

The second spot goes to the popular city break destination of New York, with suave metropolitan men waiting on every block, according to travelersdigest.com.

It is closely followed by Amsterdam in the Netherlands, where beautiful boys cycle elegantly between the famous canals, offering a desirable date that is a far cry from the seedy pleasures on offer in the red light district.

Portugal is also recognized, with Lisbon winning the hearts of many a curious female holiday maker. And Buenos, Aires, the city associated with the most passionate dance on the planet, tango, rounds off the top five.

Sydney offers up a different type of fellow at number six,

where fun-loving, blond-streaked surfer dudes will be more than happy to take the globe-trotting girls for a stroll on Bondi Beach.

It's back to smoldering sophistication in seventh place, as gorgeous Spanish stallions reap the reward for seducing women over tapas and a glass of red wine.

The fair-haired intellectuals of Germany come next - and where better to meet a handsome man than in while soaking up the nightlife of buzzing Berlin?

Italian stallions just make it into the top ten, in ninth position, with their swarthy good looks winning over women from around the world, while sleek Tel-Aviv takes tenth position. Based on the beach and bathed in sunshine, it is no surprise that the Israeli city is home to toned, tanned and trendy men.

◇Flipping burgers are not beneath your dignity. Your grandparents had a different word for burger flipping; they called it opportunity.

◇Life is not divided into semesters. You don't get summers off and very few employers are interested in helping you find yourself. Do that on your own time.

◇Do not, for one repulse, give up the purpose that you resolved to effect.

十大帅哥城市排行 斯德哥尔摩居首（背景材料）

一个旅游指南网站称，人们在世界各地的城市度假时，可以享受许多风光，除了历史人文景观外，还可以看帅哥美女养眼。

一个美国网站近日列出了最性感男人城市排行榜，瑞典的斯德哥尔摩意外地拔得头筹。

位居十大帅哥城市之首的斯德哥尔摩给世界贡献了亚历山大·斯卡斯加德——主演热门吸血鬼题材电视连续剧《真爱如血》的帅哥和瑞典最好的出口球员弗雷迪·永贝里。

瑞典首都因优秀的人口基因和众多欧洲景点而成为备受赞誉的热门旅游地，然而却没有一个英国城市跻身前十名。

根据 travelersdigest.com 的排行榜，位居第二的是热门度假城市纽约，在这个国际大都市的每个街区都能看见温文尔雅的类型男。

紧随其后的是荷兰的阿姆斯特丹，那里有漂亮的男孩骑着自行车优雅地在著名的运河间穿梭，这些理想的约会对象和红灯区那种低级趣味相比简直是相差了十万八千里。

葡萄牙城市也位列榜单，里斯本的男人赢得了许多女性度假者的芳心。前五名的最后一位是阿根廷的布宜诺斯艾利斯。这座城市和世界上最热情奔放的舞蹈——探戈紧密相连。

排在第六位的悉尼提供的是另一种类型的男人——喜欢

玩乐、金发碧眼的冲浪小子，他们会很乐意带那些游历世界的姑娘们到邦迪海滩散散步。和那些含蓄复杂的恋爱不同，排在第七位的西班牙帅哥最擅长用西班牙小吃和红酒来勾引女人。位居其后的是德国的知性金发帅哥，在享受繁华柏林夜生活的同时邂逅英俊男人，哪还有比这更好的地方呢？

意大利帅哥勉强挤进前十，排在第九位。他们黑黝黝的皮肤和帅气的长相赢得了世界各地女人的芳心。以色列特拉维夫的时髦男人则排在第十位。这个城市有海滩有阳光，养出这么多身形健美、古铜肤色的潮男也就不足为怪了。（摘自中国日报）

◇Joke◇

Pig or Witch

A man is driving up a steep, narrow mountain road. A woman is driving down the same road.

As they pass each other, the woman leans out of the window and yells "PIG!!" The man immediately leans out of his window and replies, "WITCH!!"

They each continue on their way, and as the man rounds the next corner, he crashes into a pig in the middle of the road. If only men would listen. (摘自英语阅读网)

◆ Bilingual Essay ◆

Five Balls of Life

In a university commencement address several years ago, Brian Dyson, CEO of Coca Cola Enterprises, spoke of the relation of work to one's other commitments:

Imagine life as a game in which you are juggling some five balls in the air. You name them work, family, health, friends and spirit and you're keeping all of these in the air. You will soon understand that work is a rubber ball. If you drop it, it will bounce back.

But the other four balls family, health, friends and spirit are made of glass. If you drop one of these, they will be irrevocably scuffed, marked, nicked, damaged or even shattered. They will never be the same. You must understand that and strive for balance in your life. How?

Don't undermine your worth by comparing yourself with others. It is because we are different that each of us is special.

Don't set your goals by what other people deem important. Only you know what is best for you.

Don't take for granted the things closest to your heart. Cling

to them as they would be your life, for without them, life is meaningless.

Don't let your life slip through your fingers by living in the past or for the future. By living your life one day at a time, you live ALL the days of your life.

Don't give up when you still have something to give. Nothing is really over until the moment you stop trying.

Don't be afraid to admit that you are less than perfect. It is this fragile thread that binds us to each together.

Don't be afraid to encounter risks. It is by taking chances that we learn how to be brave.

Don't shut love out of your life by saying it's impossible to find. The quickest way to receive love is to give it; the fastest way to lose love is to hold it too tightly; and the best way to keep love is to give it wings.

Don't run through life so fast that you forget not only where you've been, but also where you are going.

Don't forget, a person's greatest emotional need is to feel appreciated.

Don't be afraid to learn. Knowledge is weightless, a treasure you can always carry easily.

Don't use time or words carelessly. Neither can be retrieved.

Life is not a race, but a journey to be savored each step of the way. Yesterday is history, tomorrow is a mystery and today is a gift: that's why we call it 'The Present'.

生命中的五个球（背景材料）

几年前，在一所大学的开幕典礼中，可口可乐的首席执行官布赖恩·戴森讲到工作与其他义务的关系：

想象生命是一场不停丢掷五个球于空中的游戏。这五个球分别为工作、家庭、健康、朋友和心灵，而且你努力地掷着这五个球，不让它们落地。很快地你会了解工作是一个橡皮球。如果你不幸失手落下它，它还是会弹回来。

但是家庭、健康、朋友和心灵这四个球是用玻璃做成的。一旦你失手落下，它们可能会少了一角，留下无法挽回的记号、刻痕、损坏甚至碎落一地。它们将永远不会跟以前一样。你必须了解这个道理，并且为平衡你的生命而努力。但要怎么才做得到呢？

别拿自己和他人比较，这只会降低了你原有的价值。因为我们都是独一无二的，因为我们每一个人都很特别。

别人认为重要的事不一定是你的目标。只有你才知道什么最适合你。

不要将贴近你的心的人、事物视为理所当然的存在。你必

须将他们视为你的生命一般好好地抓牢他们。没有他们，生命将失去意义。

别让你的生命总在依恋过去种种或是寄望未来中逝去。如果你活在每个当下，你就活出了生命中的每一天。



当你还能给予的时候别轻言放弃。只要你不放弃，就有无限延伸的可能。

别害怕承认你并非完美。正因如此，我们才得以藉由这脆弱的细丝紧密地串绑在一起。

别害怕遇到危险。正因如此，我们才得以藉由这些机会学

习勇敢。

别以爱太难找到作为借口而紧闭你的心扉。最迅速找到爱的方法就是给予你的爱；最快速失去爱的方法就是紧紧地守着你的爱不放；维持爱的最好方式就是给爱一双翅膀。

莫要匆忙地度过你的一生，那匆忙让你忘了曾经到过哪里，也让你忘了你要去哪里。

莫忘记，人类情感上最大的需要是感恩。

莫害怕学习。知识没有重量，它是可以随意携带的珍宝。

莫漫不经心地蹉跎光阴或口无遮拦。时间与言词两者都是一放便收不回来。

生命不是一场赛跑，而是一步一个脚印的旅程。过去已成历史，未来充满未知。今天是份礼物：那就是我们称之为“现在”的原因（摘自恒星英语学习论坛）。

◇If you think your teacher is tough, wait till you get a boss. He doesn't have tenure.

◇A good gain takes long pain.

◇I think success has no rules, but you can learn a lot from failure.

◇Television is not real life. In real life people actually have to leave the coffee shop and go to jobs.

◇It's not who your are underneath, it's what you do that defines you.

True Nobility

In a calm sea every man is a pilot. But all sunshine without shade, all pleasure without pain, is not life at all. Take the lot of the happiest - it is a tangled yarn. Bereavements and blessings, one following another, make us sad and blessed by turns. Even death itself makes life more loving. Men come closest to their true selves in the sober moments of life, under the shadows of sorrow and loss.

In the affairs of life or of business, it is not intellect that tells so much as character, not brains so much as heart, not genius so much as self-control, patience, and discipline, regulated by judgment. I have always believed that the man who has begun to live more seriously within begins to live more simply without. In an age of extravagance and waste, I wish I could show to the world how few the real wants of humanity are.

To regret one's errors to the point of not repeating them is true repentance. There is nothing noble in being superior to some other man. The true nobility is in being superior to your previous self.

-
- ◇ A good plan today is better than a perfect plan tomorrow.
 - ◇ Men don't follow titles, they follow courage.



真正的高贵（背景材料）

在风平浪静的大海上，每个人都是领航员。但只有阳光没有阴影，只有快乐没有痛苦，根本不是真正的生活。就拿最幸福的人来说，他的生活也是一团缠结在一起的乱麻。痛苦与幸福交替出现，使得我们一会悲伤一会高兴。甚至死亡本身都使得生命更加可爱。在人生清醒的时刻，在悲伤与失落的阴影之下，人们与真实的自我最为接近。

在生活 and 事业的种种事务之中，性格比才智更能指导我们，心灵比头脑更能引导我们，而由判断获得的克制、耐心和教养比天分更能让我们受益。我一向认为，内心生活开始更为

严谨的人，他的外在生活也会变得更为简朴。在物欲横流的年代，但愿我能向世人表明：人类的真正需求少得多么可怜。

反思自己的过错不至于重蹈覆辙才是真正的悔悟。高人一等并没有什么值得夸耀的。真正的高贵是优于过去的自己。（摘自英语沙龙）

◇Joke◇

Crazy Driver

There's a senior citizen driving on the highway. His wife calls him on his cell phone and in a worried voice says, "Herman, be careful! I just heard on the radio that there was a madman driving the wrong way on Route 280!" Herman says, "I know, but there isn't just one, there are hundreds!"

True or False

One day a young businessman asked his girl friend, "Dear, will you marry me if I am bankrupt?"

"Of course, I will." the girl said firmly.

"Do you mean what you say?" the man asked.

"That's what I want to ask you." the girl said.

（摘自英语阅读网）

Love to Love to Complete 爱要爱得完整

1、Live beautifully, dream passionately, love completely.

活要活得美好，梦要梦得热烈，爱要爱得完整。

2、We did not change as we grew older, we just became more clearly ourselves.

长大的岁月里，我们从未变化，只是越来越清晰的成为自己。

3、Words don't have the power to hurt you. Unless, the person who said them means a lot to you.

话语本身不伤人，除非，说这话的人对你而言很重要。

4、People who are serious about the relation are moody as they have devoted a lot that makes them worry about gains and losses.

动了真感情的人都会喜怒无常，因付出太多，难免患得患失。

5、I want to be his favorite hello and his hardest goodbye.

我要成为他最心动的相遇，最不舍的离别。

6、Sometimes you need to step outside, clear your head, and remind yourself of who you are and where you wanna be.

有时候你需要退开一点，清醒一下，然后提醒自己，我是谁，要去哪里。

7、At least in my show time, I try my best to love you.

至少在属于我出场的时间里，曾拼尽全力爱过你。

8、Don't waste time on anyone who doesn't focus on you, you're worth someone's full attention.

不要浪费时间在一個对你不够专注的人身上，你值得拥有一个全心全意爱你的人。

9、Stop being afraid of what could go wrong and think of what could go right.

停止无谓的担心，还是多想想解决之道吧！

10、Don't patronize others and take the wrong steps under your own feet.

不要光顾着看别人，走错了自己脚下的路。

11、Grow old along with me, the best is yet to be.

执子之手，与子偕老。

12、Knowledge can't replace friendship, I'd rather be an idiot than lose you, SpongeBob.

知识不能取代友谊，即使变成笨蛋我也不愿意失去你，海绵宝宝。

13、Albert Einstein: Logic will get you from A to B. Imagination will take you everywhere.

爱因斯坦：逻辑会带你从A点到达B点，想象力将把你带到任何地方。

14、One thorn of experience is worth a whole wilderness of warning.

一次痛彻心扉的经历，抵得上千百次的告诫。

15、 I wish I knew how to quit you.

我希望我知道如何能够戒掉你。

16、 If you want something you've never had, then you've got to do something you've never done.

如果你想要你从未拥有过的东西，那么你必须去做你从未做过的事。

17、 You can hurt with your words but sometimes you can hurt more with your silence.

生活中，你说的话可能会伤到别人，但有时候，你的沉默会让人伤得更深。

18、 Beverly Sills: There are no shortcuts to any place worth going.

贝弗利·希尔斯：任何值得去的地方，都没有捷径。

19、 Never lie to someone who trust you. Never trust someone who lies to you.

不要欺骗任何相信你的人，不要相信任何欺骗你的人。

◇I want to bring out the secrets of nature and apply them for the happiness of man. I don't know of any better service to offer for the short time we are in the world.

◇Don't part with your illusions. When they are gone you may still exist, but you have ceased to live.



20、 We met at the wrong time, but separated at the right time. The most urgent is to take the most beautiful scenery; the deepest wound was the most real emotions.

我们在错误的时间相遇，在正确的时间却又分开。走的最急的是最美的景色，伤的最深的是最真的感情。（摘自 www.putclub.com）

◇It's what you do right now that makes a difference.

◇The man with a new idea is a crank until the idea succeeds.

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